Food Shopper

Va. Dept. of Agriculture and Consumer Services - Divison of Markets
Sharon Carter, Retail Market Reporter
Richmond, Va.

Are you responsible for preparing your own meals or those of your family? If you are, then you's probably appreciate anything that would add some convenience and variety to your meal planning. Pork which is now abundantly available in the supermarket, could just be the thing that you need to perk up your weekly meal planning. Today's pork is leaner and meatier than ever before, thus, making it an excellent buy in terms of cost and calories.

Years ago, pork was greatly misunderstood. As a result many myths and falsehoods were associated with its preparation and storage. Unfortunately, some consumers are still not aware that major technological advances have taken place in the breeding and feeding of pigs. Consequently, the pork that we see in today's market place is of higher quality than pork of the past.

When buying today's fresh pork, look for a high proportion of lean meat with a few flecks of fat or marbling. For best eating, choose pork that's firm in texture and grayish-pink in color.

If you are buying ham, it may be purchased either cured or uncured depending upon your own taste. Cured hams are generally labeled "smoked ham" or "ham" and can be purchased in "whole" or "half" sections. Cured hams labeled as "cooked," "fully-cooked," "ready-to-serve" or "ready-to-eat" can be served cold or baked to an internal temperature of 130 F.

Cured hams labeled as "uncooked" should be heat treated to an internal temperature of 160 degrees. Hams sold as both uncured and uncooked, should be cooked to an internal temperature of 170 degrees. (as are other fresh port cuts).

To preserve the good quality of your pork buys, store them loosely covered in the coldest part of the refrigerator. Loosen the wrapper on prepackaged pork unless you plan to use it in a day or two. Store cured and smoked pork products in their original wrappers in the refrigerator for no longer than two weeks. Cool cooked hams and other types of pork before covering tightly and placing in the refrigerator.

One of the first steps to being a bargain-wise and nutrition conscious consumer is to take advantage of abundant periods of availability of meats and other produce. The best time to buy pork is now.

Receives Award

Mr. Timotheous Lawing, son of Rev. and Mrs. R. Q. Lawing, Sr. of Appomattox, has been awarded a graduate assistantship to complete studies for the Master of Music Educational Degree at Virginia State University, Petersburg.

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Star's Sale 59¢
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MIX n MATCH Fireside
BUTTER COOKIES, ANIMAL CRACKERS, ASSORTED COOKIES, ICED OATMEAL COOKIES, CHOCOLATE CHIP COOKIES
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SOS soap pads 18 Count 69¢

CARESS Bath Soap Reg. Size 4/$1.00

Hershey's CHOCOLATE FLAVOR SYRUP 16 Oz. 69¢

COCA-COLA 8-16 OZ. BOTTLES 99¢ Plus Deposit

BREAST O' CHICKEN TUNA 6½ OZ. CAN 69¢

DUNCAN HINES DELUXE Cake Mix 69¢

Delsey Bathroom TISSUE 4 Roll Pack 79¢

Comet CLEANSER 23.1 Oz. Can 49¢

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9 LIVES DRY Cat Food 4 Lb. Box $1.49

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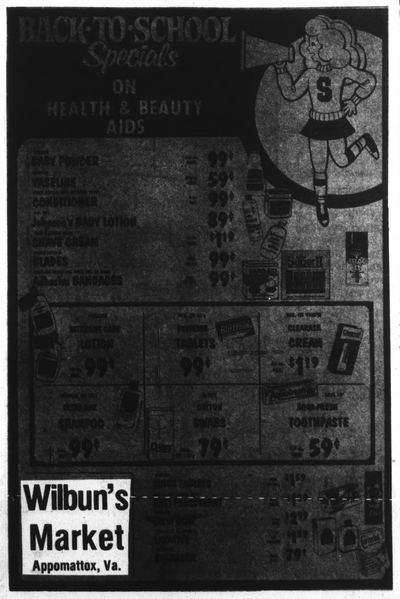

Wilbun's Market Appomattox, Va.

CVCC's Medical Record Technology Program Reaccredited

Dr. Donald E. Puyear, President of Central Virginia Community College, has been notified that the College's Medical Record Technology program has been reaccredited for a period of five years by joint action of the American Medical Record Association and the American Medical Association. The program received its initial accreditation in 1972. To qualify for reaccreditation, the program had to document that it was in compliance with educational standards established by the AMRA and the AMA. In addition, the program was subjected to an on-site inspection by representatives of the two professional organizations.

Graduates of accredited programs are permitted to sit for the national examination and upon passing are certified as Accredited Record Technicians.

The Medical Record Technology program, directed by Mrs. Mildred St. Leger, RRA, is affiliated with Virginia Baptist Hospital, Lynchburg General-Marshall Lodge Hospitals, Inc., and Lynchburg Training School and Hospital which cooperate in providing practical training for medical record students.

The program has graduated approximately 60 students since its inception, most of whom are employed in the Lynchburg community.

The Medical Record Technology program is one of the four Allied Health programs available at CVCC. An Associate in Applied Science degree is awarded upon completion of the program.

Teaching Kits Available At Red Hill

As part of the continuing effort of the Patrick Henry Memorial Foundation to upgrade its historical interpretation program at Red Hill Shrine, teaching kits will be available this fall emphasizing an innovative "hands-on" approach for school children.

The kits are obtained courtesy of the Valentine Museum in Richmond and will be available beginning September 14 through November 14. They will deal with topics such "Growth of the Colonies", the "Revolution", "Colonial Life", and the "Early Colonies." Each kit contains a three dimensional scene, artifacts and mounted pictures, and will be used in conjunction with elementary school tours conducted at Red Hill.

Also available this year will be the school slide lecture program. An optional slide presentation and lecture will be offered to classes prior to their group tour to enhance the student's understanding of Patrick Henry and his role in the American Revolution and his life at Red Hill. For those schools with video-cassette equipment, two videotapes are available for viewing in the school or at Red Hill. They are: "Patrick Henry's Life at Red Hill" and "Re-enactment of Patrick Henry's Give Me Liberty Speech."

For more information on ay of the above, contact the Patrick Henry Memorial Foundation at 376-2044.

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